



## HEALTHY HABITS AND PERSONAL HYGIENE

Good personal hygiene is important for both health and social reasons. It entails keeping your hands, head and body clean so as to stop the spread of germs and illness. Your personal hygiene benefits your own health and impacts the lives of those around you, too. The social benefits associated with personal habits must also be considered. Since it involves washing your body every day and caring for yourself, it reduces the chances of body odor and thus, any chances of embarrassment at work.

Basic hygiene in the workplace can be put down to four different things: personal hygiene; work area cleanliness; clean restroom facilities; and a clean kitchen.

### Hand washing is critical:



One of the easiest ways to cut down on illnesses is to wash your hands several times a day. Be sure to wash your hands before you eat, drink, smoke, chew gum or tobacco. Also wash your hands before and after using the toilet, working with chemicals, or putting on a bandage.

### Don't share personal items:



### Working with chemicals

- Always wear the proper PPE.
- Wash your whole body, including your hair, after work each day, using plenty of soap and water.
- Wash your hands and face before you eat, drink, smoke or use the toilet.
- Wash your work clothes separately from your other clothes and separately from the family laundry.



Work Activity



Exposure



Disease

Occupational Hygiene

Occupational Medicine

Occupational Health

Please Send your answers by email to:

[hse@aimsgt.com](mailto:hse@aimsgt.com)

What is the main purpose of Gas Testing a Confined Space?

- To ensure that the atmosphere within the confined space will support life
- To determine the percentage of hydrocarbon vapor
- To determine if the atmosphere is explosive
- All of the above

Last Month HSE Quiz

Answer: Option C-ANSI

- ✓ Bharat Gaddam
- ✓ Eliyaz Ahmed
- ✓ Vishnu
- ✓ Muhammad PK
- ✓ Abdul Rahman
- ✓ S.I.P Quadri
- ✓ Arjun
- ✓ Jhansi Chava

Congratulations!



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